

THE FLEET & FAMILY SUPPORT CENTER



Naval Air Station Patuxent River
21993 Bundy Road, Building 2090
Patuxent River, MD 20670-1154
301-342-4911



JANUARY 2024 WORKSHOP SCHEDULE

To register for a workshop, call FFSC at 301-342-4911. Classes are available to all with base access.

FFSC CLASSROOM		
JAN. 2	NEW YEAR, NEW GOALS, NEW RESULTS	1000-1100
JAN. 3-5	OMBUDSMAN BASIC TRAINING	0900-1600
JAN. 8	TACKLING ANGER	0900-1000
JAN. 8-12	SEXUAL ASSAULT PREVENTION & RESPONSE UVA TRAINING	0800-1600
JAN. 9	PRE-SEPERATION BRIEF	1200-1430
JAN. 10	COMMAND CAREER COUNSELOR MONTHLY MEETING	1000-1130
JAN. 11	MIND BODY MENTAL FITNESS – STRESS RESILIENCE (Teams)	1000-1100
JAN. 16	OMBUDSMAN ASSEMBLY	1700-1900
JAN. 17	MASTERING EMOTIONAL INTELLIGENCE (EQ)	0800-1600
JAN. 17	EFFECTIVE RESUMES	0900-1100
JAN. 17	COMMAND FINANCIAL SPECIALIST (CFS) QUARTERLY FORUM (Teams)	1300-1400
JAN. 18	INTERVIEW SKILLS	1000-1200
JAN. 18	MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION (Teams)	1100-1200
JAN. 19	PRE-SEPERATION BRIEF	0830-1100
JAN. 22-26	TRANSITION ASSISTANCE PROGRAM (TAP)	0800-1600
JAN. 22	NAVIGATING FEDERAL EMPLOYMENT (Teams)	1000-1200
JAN. 23	JOB SEARCH STRATEGIES	1000-1100
JAN. 23	SUICIDE PREVENTION COORDINATOR QUARTERLY MEETING	1300-1400
JAN. 24	FOREIGN BORN SPOUSE ORIENTATION	1000-1200
JAN. 24	DEPLOYMENT READINESS	1400-1500
JAN. 25	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1300-1400
JAN. 26	BABYSITTING BASICS WITH FIRST AID & CPR (BLDG 2183)	0800-1600
JAN. 29-31	TRANSITION ASSISTANCE PROGRAM (TAP)	0800-1600

Note: Classes are subject to change. Please call for the most updated schedule.